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'WE'RE JUST VERY SHOCKED': TEENAGE SHOOTING VICTIM'S AUNT

NORTH PRESTON 15-YEAR-OLD SERIOUSLY INJURED AFTER BEING SHOT OUTSIDE BASKETBALL COURT

PAGE 3

How does Iron Man get his iron?

A fitness expert reveals how Robert Downey Jr. buffed up for the upcoming Iron Man 3

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Police officers draw their weapons on Monday after hearing a second explosion on Boylston Street in Boston during the 117th Boston Marathon. More coverage, page 7. JOHN TLUMACKI/THE BOSTON GLOBE VIA GETTY IMAGES

'We heard it. We felt it': Halifax runner

Boston Marathon. Deaths, injuries and panic in the streets following two explosions



PHILIP CROUCHER
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Rami Bardeesy says he heard two loud bangs from inside his hotel room about 10 seconds apart.

The noises were explosions that sent people scrambling for cover at the finish line of the Boston Marathon.

Three people are confirmed dead and more than 140 are injured in the wake of the large bombs that led to a lockdown of the racer's hotel and panic in nearby streets.

"They were deep rumbling booms and kind of shook the windows," said Bardeesy, a Halifax runner, from his hotel room about a block from where the explosions happened.

"We were just saying that almost seemed like an explosion."

Bardeesy, an elite marathon racer, was relaxing with some fellow HRM runners after finishing the gruelling race in a time of 2:35:48.

But a couple of hours later, the unthinkable happened, with Bardeesy left trying to comprehend the goings on around him.

"It's very unnerving and upsetting, really," he said.

Victoria Jollimore usually participates in the race, but this year was there to watch and cheer on her fellow Nova Scotia racers, including

Bardeesy.

She says she was sitting in the grandstands where the explosions happened for most of the day, and only left an hour before it happened.

"We heard it. We felt it. And I remember one of the guys said, 'Geez, it sounds like a bomb went off.' And lo and behold," she said, "one of our people here went down and tried to leave the hotel and they sent him back up and he said, 'Guess what? It was a bomb.'"

Both Bardeesy and Jollimore said they were also planning to leave to get a bite to eat around the area where the explosions happened.

"I'm glad we didn't," Jollimore said.

There are 96 Nova Scotians who competed at this year's marathon, including 33 from Halifax.



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Teen shot at basketball court

North Preston Community Centre.

A 15-year-old male was shot Monday afternoon, police are currently investigating



ANDREW RANKIN

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Lionel Beals was tinkering in his backyard in North Preston when he heard the gunshot that seriously injured a teenager just a few doors down on Monday afternoon.

All of the sudden, Beals said, several kids bolted from the North Preston Community Centre basketball court, where police say the shooting occurred at 5 p.m.

"I just heard a boom and a bunch of kids running in all directions, ducking and moving, I thought it was an explosion," said Beals.

Police have yet to confirm the identity of the 15-year-old male victim who was rushed by ambulance to the IWK Health Centre.

Quoted

"He's just someone who just keeps to himself; we're in shock."

Nadine Downey, aunt of shooting victim

But the teenager's aunt Nadine Downey of North Preston spoke to Metro Halifax late Monday night after returning home from the IWK. She said her nephew had pulled through emergency surgery.

Downey said the teenager was on his way to catching the bus when the shooting occurred.

"It's been very hard on all of us," said Downey.

Police had taped off an area around the community centre, including the basketball court, and as of 7 p.m. were still in search of the gun with the aid of a K-9 unit.

Downey said her nephew was a dedicated and talented boxer who attended Cole Harbour High and was very close to his family.

"He was just a quiet kid, who worked really hard, we're just very shocked that this has happened."



A K-9 unit searches behind the North Preston Community Centre after a youth was shot on the basketball court on Monday. JEFF HARPER/METRO

Police aren't confirming many details but said the vic-

tim was conscious and talking when he was taken to the IWK.

The shooting remains under investigation.

Ousted for pregnancy or performance issues?



Tammy Quilty-MacAskill

METRO FILE

The case of alleged discrimination based on pregnancy is now in the hands of an independent arbitrator.

Tammy Quilty-MacAskill, a former caseworker at the Community Justice Society, accused executive director Yvonne Atwell of discrimination based on pregnancy after not renewing her contract.

Quilty-MacAskill alleges her contract was not extended because she was

pregnant and would be on maternity leave. Atwell claims performance issues were the reason for her decision.

Both sides presented closing arguments on Monday, wrapping up a four-day Nova Scotia Human Rights Commission board hearing.

Ann Smith, counsel for Quilty-MacAskill, said in her closing arguments that discrimination can occur even if it's unintentional.

"Discrimination isn't about what one thinks and the beliefs they hold, but what they do and the impact of that activity," said Smith.

The case revolves around a pair of meetings in March 2011 when Quilty-MacAskill approached Atwell about a coworker's job. When she was denied, she confronted Atwell about her pregnancy.

"All (Atwell) ever said is, 'You won't be here,'" said Smith in her final submis-

sion. "Is that what a reasonable person who's accused of discrimination says?"

Atwell said she made her decision after Quilty-MacAskill served a two-day suspension and a two-month probationary period because of performance issues.

In his closing submission, Brad Proctor, counsel for Atwell, said his client was inside her rights to let Quilty-MacAskill's contract expire.

CLARK JANG/FOR METRO

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Dartmouth students pledge and tweet for positive change

Taking action.

High school students respond to teenager's assault, death with campaign to take action against bullying and sexual violence

Students and staff at Dartmouth High School are responding to the recent death of Rehtaeh Parsons with a campaign they hope will lead to positive change.

Over 200 students at the school wrote down their own anti-cyber-bullying and anti-sexual violence pledges on cards in the shape of smartphones on Monday.

These cards are displayed on bulletins boards in the lobby for all to see.

The campaign is called "We have the power."

Heather Hughes-Leck, a teacher at the school, came up with the idea after talk-

Student resources

Offering help

The province is handing out information to Nova Scotia teens to tell them where to get help if they need it.

A release from the Premier's Office Monday states an information sheet will be distributed to students in grades 7 through 12 with resources for anyone in need,

such as phone numbers for the Kids Help Phone and mental-health crisis line. "Please, reach out if you are going through a traumatic event or crisis, or if you are aware of a friend or family member in need of help," states Marilyn More, the cabinet minister reviewing the provincial response to the death of Rehtaeh Parsons.

EMILY KITAGAWA/FOR METRO

ing over Rehtaeh's story with her students.

"We talked about consent, we talked about sexual harassment versus sexual assault versus silence is not consent — passed out is not consent," she said. "We talked about social media and how it made this worse than it already was."

On Tuesday, students will all tweet their pledges at the same time and pause for a moment of silence.

"I think we're just hoping that people are more positive towards others around the school because there is bullying that goes on," said Erin Balcom, a Grade 12 student.

Wallet-sized "Where to go for help" cards were also handed out during the pledge signing.

Students will have an opportunity again on Tuesday to make pledges.

EMILY KITAGAWA/FOR METRO



From left: Erin Balcom, Bethany MacLean, Samantha Nixon and Shannon Barry laugh while posing for a photo at Dartmouth High School on Monday. The students were involved in a campaign to get students to pledge to use social media as a more positive space. JEFF HARPER/METRO

N.S. announces three reviews in Parsons case



Rehtaeh Parsons FACEBOOK.COM

Premier Darrell Dexter has announced the province will launch three independent reviews of the response to the Rehtaeh Parsons case.

"Nova Scotians want to continue to support Rehtaeh's family in whatever way they can, and that includes ensuring that justice is done for Rehtaeh," said Dexter in a release sent late Monday afternoon.

Rehtaeh killed herself earlier this month, two years after she was allegedly gang raped and then harassed by

classmates when a photo of the attack was shared on social media.

Police investigated and did not lay charges, but announced Friday the case will be reopened, based on new information.

Dexter said a review of the Halifax Regional School Board's handling of the case will begin immediately, and details will be announced soon.

A review of the police and Public Prosecution Service's actions will begin once the

Quoted

"We have to investigate crimes, and sometimes results are there and sometimes they're not."

RCMP Cpl. Scott MacRae

criminal investigation is complete.

A police spokesperson said Monday the new probe is proceeding, but couldn't say how long it might take.

"Investigations will take what they take," said RCMP Cpl. Scott MacRae. "That's a very hard question for police because of the complexity of investigations, possibly the number of people that have to be interviewed, what type of evidence, what type of documents you're dealing with."

The release from the Premier's Office said the scope of the reviews, and who will conduct them, is still being finalized.

RUTH DAVENPORT/METRO

Robbery

2nd man charged in mugging

A second man has been charged in connection with a robbery that occurred last month at the Metro Transit Bridge Terminal in Dartmouth.

On March 21, police say a 16-year-old male was assaulted at the terminal by two men who also stole

his cellphone. That night, a 17-year-old Dartmouth man was arrested and charged with robbery and breach of undertaking in connection with the incident.

A second man was then arrested this past weekend.

On Saturday, 21-year-old Justin Michael Wambolt was arrested in his Dartmouth home in connection with the robbery. He is charged with robbery and breach of probation. **METRO**

Follow the scent

Antique colognes recovered

RCMP in Shelburne say they have recovered antique colognes and aftershave that were stolen during a break-and-enter nearly three years ago.

A release from RCMP says members of the street crime enforcement unit recovered nine antique dolls



The stolen items that were recovered. RCMP/CONTRIBUTED

and 21 antique colognes and aftershave, valued at about \$2,000. **METRO**

Collision

Vehicle crashes into power pole

Police are investigating a crash after a vehicle drove into a power pole on Highway 236 in Kennetcook on Monday afternoon.

The RCMP say the accident happened at 12:20 p.m., when the driver lost control of his vehicle and hit the power pole.

The extent of his injuries aren't known.

Highway 236 was closed to traffic while investigators gathered evidence.

METRO

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Cape Breton. Halifax mayor to address CBRM council

In a first since municipal amalgamation, the mayor of the Halifax Regional Municipality will address a special meeting of Cape Breton Regional Municipality council.

Mayor Mike Savage is due to address council Thursday and then speak at a luncheon at Centre 200 Friday. He was invited to the region by CBRM Mayor Cecil Clarke. Savage will be accompanied by HRM CAO Richard Butts.

"It builds on the working efforts we established the morning after the election," Clarke said Monday. "We spoke then about working together. We have subsequently met a couple of times. The mayor coming here is part of our desire to show that the two cities of Nova Scotia are working together but also working to try to expand opportunities for all of Nova Scotia."

Together, the municipalities are looking at opportunities for co-operation and economic development. Clarke said he believes CBRM and HRM are partners in developing economic opportunities. He noted they share concerns over waste-



Mike Savage JEFF HARPER/METRO

water requirements and the overall economic strategy for the province.

"Mayor Clarke and I have had a number of discussions and meetings since we were elected in October," Savage said in a news release. "I believe we can, and will, work together to face challenges and achieve our potential. If we can find ways to help each other reach our goals, it will benefit all residents."

On Wednesday, Clarke will be in Halifax where he hopes to meet with an official from the Union of Nova Scotia Municipalities along with Savage.

CAPE BRETON POST

Dartmouth. Cops charge man after woman stabbed

Halifax police have charged 37-year-old man after a stabbing in Dartmouth around the noon hour on Monday.

Police were called to an apartment building on Roleika Drive at 12:18 p.m. after a 26-year-old woman was stabbed twice in the leg.

The woman's injuries were

minor, police say, and she has been released from hospital.

Police say the 37-year-old was arrested on scene and is facing charges of assault causing bodily harm and possession of a weapon dangerous to the public peace. He is scheduled to appear in Dartmouth provincial court on Tuesday. METRO

Cloud 9

Non-profit flying high with airport partnership

A generous donation from the Halifax Stanfield International Airport has a local not-for-profit organization on Cloud 9.

The Halifax International Airport Authority announced the Parker Street Food and Furniture Bank as its second Signature Partner through its Community Outreach Program. The partnership is accompanied by a \$100,000 contribution to the organization over three years, as well as computer and surplus furniture donations.

METRO

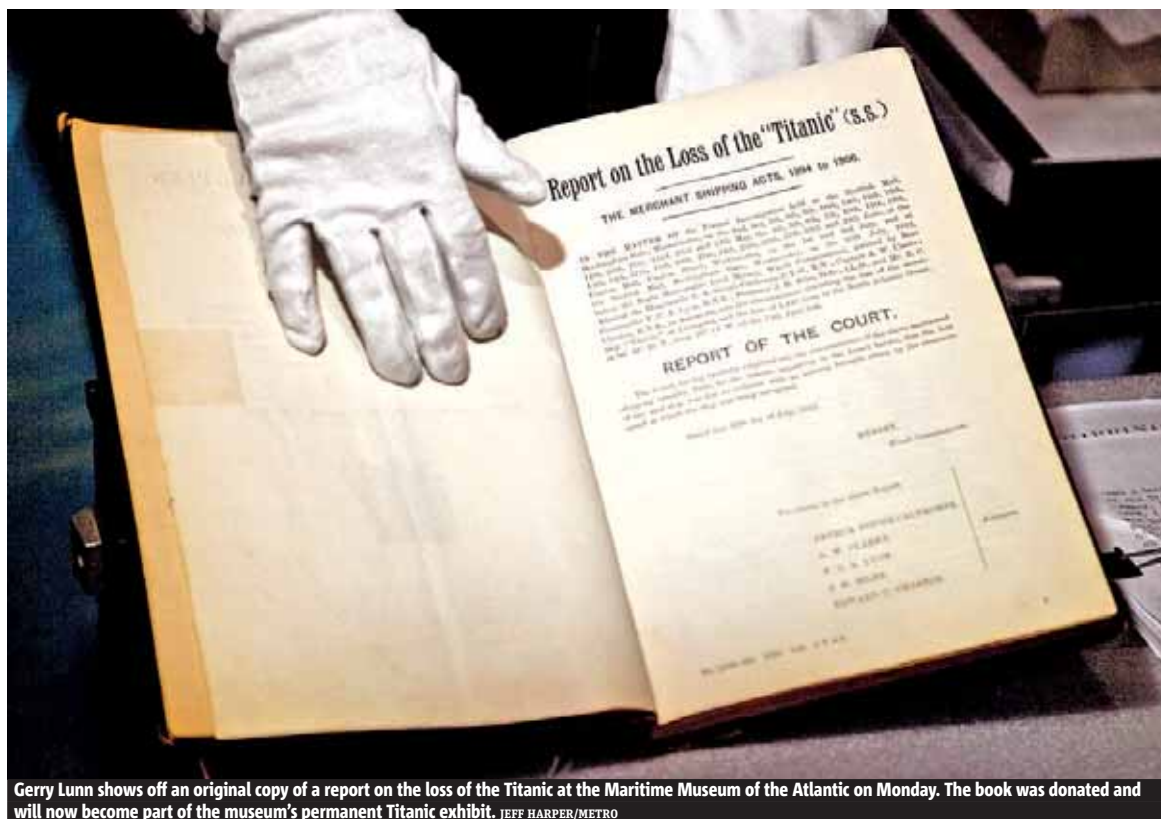
Fraud

Check companies out before making payment: Police

Halifax police are warning property owners to do their homework before paying landscapers or other outside workers.

A release from HRM Partners in Policing states the fraud unit typically sees a spike in complaints around this time of year from residents who have paid someone up front for paving, yard work or roofing work, but received little or no work in exchange.

Police recommend researching companies online through the Better Business Bureau and paying in installments. METRO



Gerry Lunn shows off an original copy of a report on the loss of the Titanic at the Maritime Museum of the Atlantic on Monday. The book was donated and will now become part of the museum's permanent Titanic exhibit. JEFF HARPER/METRO

Titanic artifact lands in Halifax

Piece of history.

Small black book now at Maritime Museum of the Atlantic contains report on 101-year-old tragedy that 'changed history'

EMILY KITAGAWA
halifax@metronews.ca

With his notebook and pencil at the ready, six-year-old Jake Stevens watched as a piece of history joined the Titanic exhibit at the Maritime Museum of the Atlantic.

After Monday's event, Jake turned to a page in his notebook where he had drawn a

Quoted

"The recommendations in this report completely changed the way ocean-liner travel and safety was organized in the world."

Dan Conlin, curator, Maritime Museum of the Atlantic

picture of the new artifact — a 1912 book containing the original report resulting from an influential British investigation into the Titanic's sinking. Jake had drawn a hand above the book with an X through it.

"This means you can't touch it with a regular hand because it'll get too salty," he explained. "You have to touch it with a white glove."

The new artifact was added to the permanent exhibit on

the 101st anniversary of the famed ship's sinking.

"It's the document that basically made Titanic transition from a very sad tragedy into an event that changed history," said Dan Conlin, the museum's curator of Marine History.

Conlin described the new artifact as "this ominous black volume (that) has 'Titanic Etc.' written on it."

While those words are printed in gilt lettering on the

spine, the true title of the fragile document is "Report on the loss of the Titanic."

The book, issued by the British Parliament, makes 15 safety recommendations.

"(It) made some good sensible recommendations — that nobody seemed to have thought of prior to 1912 — like lifeboats for everyone aboard and round-the-clock radio monitoring for distress signals and mandatory reporting of icebergs," said Conlin.

He says recommendations within the book, such as these, are still in effect today.

A Canadian, who wishes to remain anonymous, recently donated the book to the museum's permanent collection.

Change would see spouses get pension after year together

The Nova Scotia government is amending its Pensions Benefits Act to clarify that it includes same-sex couples and those who are living together but are not married.

Labour Minister Frank

Corbett says changes to language in the act are meant to ensure it remains inclusive and accurate.

Under the changes, couples would only have to live together for one year instead of two to be entitled to

their partner's pension, or three years if either is still married to someone else.

The new amendments include changing the word marriage to relationship and expanding the definition of spouse.

The provincial government passed the new act in late 2011.

A release states that "gaps" were identified in the legislation during consultation.

THE CANADIAN PRESS

Blood on the pavement

Boston Marathon bombing. White House treating carnage as an act of terror, official says

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 140 in a terrifying scene of shattered glass, bloodstained pavement and severed limbs at the world's most prestigious marathon, authorities said.

An eight-year-old boy was among the dead, according to a person who talked to a friend of the family and spoke on condition of anonymity.

A senior U.S. intelligence official said two other bombs were found near the end of the 42-kilometre course in what appeared to be a well-co-ordinated attack.

There was no word Monday night on the motive or who may have carried out the

attack, and police said they had no suspects in custody.

"They just started bringing people in with no limbs," said runner Tim Davey, of Richmond, Va. He said he and his wife, Lisa, tried to keep their children's eyes shielded from the gore inside a medical tent, but "they saw a lot."

"They just kept filling up with more and more casualties," Lisa Davey said.

Of the dozens wounded, hospitals reported at least 15 were critically injured.

The fiery twin blasts took place almost simultaneously and about 100 metres apart. The spectators' cheers turned to screams. Huge shards of glass burst from windows, and blood pooled on the pavement.

A few kilometres away and around the same time, a fire broke out at the John F. Kennedy presidential library. Police said it may have been caused by an incendiary device but didn't appear to be related to the bombings.

THE ASSOCIATED PRESS



Emergency workers on site for the marathon tore down temporary fences, scrambling to get to the blast site. DAVID L. RYAN/THE BOSTON GLOBE/THE ASSOCIATED PRESS

Total runners

23K

Some 23,000 runners, including more than 2,000 Canadians, took part in the 42-kilometre race, one of the world's premier marathons.

THE ASSOCIATED PRESS

Morbid mischief

52K

A fake Boston Marathon twitter account promised to donate \$1 to the victims for every retweet. The account was retweeted 52,173 times but has since been suspended.

METRO WORLD NEWS IN BOSTON

The wounded

Hospitals in panic mode

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six were in surgery just after 5 p.m. for critical injuries. At least four victims had "traumatic amputations."

The hospital enacted its disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Centre received 20 patients, including two children. Brigham and

Women's Hospital reportedly had 26 patients, including a three-year-old who was transported to Children's Hospital.

JILL GADSBY/METRO WORLD NEWS IN BOSTON

Learn more

For up-to-the-minute news on the marathon bombing, including eye-witness accounts from Canadians across the country, head to metronews.ca



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Ashley Smith

Choking herself
made teen 'feel
good,' inquest told

In her testimony at an inquest into Ashley Smith's prison death, psychologist Cindy Presse told jurors that Smith became highly addicted to choking herself.

"She was quick to say, 'It's not sexual, Cindy,'" Presse testified. "She said it just

made her feel good."

Presse also told jurors that at a meeting in late February 2007, a visiting Coralee Smith, Ashley Smith's adoptive mother, made it clear she would not talk about her adoptive daughter's parentage.

She said that staff at the Regional Psychiatric Centre in Saskatoon believed it vital for Smith to have the family issue in the open, but Smith refused.

THE CANADIAN PRESS

Diluted cancer drugs

Safeguards needed,
N.B. premier says

It's unacceptable that more than 1,200 cancer patients received diluted chemotherapy drugs and safeguards are needed to restore confidence in the health-care system, New Brunswick Premier David Alward said Monday.

"We need to make sure that we can give full confidence to the people of New

Brunswick or Ontario — or Canada ultimately — that the proper system is in place, so that they can have full confidence in it," he said.

An Ontario committee will look into the apparent lack of oversight, standards and monitoring of companies like Marchese Hospital Solutions, which provided the diluted drugs.

It will also probe Ontario's pharmaceutical regulations and inspection procedures.

THE CANADIAN PRESS



Justin Trudeau makes his way to question period in Ottawa on Monday. New Conservative attack ads show the newly elected Liberal leader taking his clothes off at a charity event. ADRIAN WYLD/THE CANADIAN PRESS

Tory attack ads 'expose' Trudeau

'In over his head.'

Political experts claim Conservative campaign featuring revealing footage is misleading

Day 1 for new Liberal leader Justin Trudeau featured three questions to the Prime Minister, two controversial Conservative attack videos and a 25-minute encounter with a huge swarm of Parliament Hill reporters.

Though Prime Minister Stephen Harper and many of his cabinet ministers extended congratulations to the new Liberal leader, the Conservative party welcomed him with two mocking attacks on YouTube, accompanied by an anti-Trudeau website and a Facebook page, as well.

Trudeau shrugged off the attacks as predictable, but the Canadian Liver Foundation issued a condemnation, since the Conservatives used footage from a Trudeau appearance at one of the charity's events in 2011.

In that ad, aired Monday morning, the Conservatives took aim at Trudeau's experience, suggesting the 41-year-old was in "over his head." Trudeau is shown removing his shirt at the fundraiser in 2011, where he raised nearly \$2,000 for the foundation.

Another video talks up Harper's economic record

Smoke and mirrors?

Jonathan Rose, a political-science professor at Queen's University, flagged quotes about Quebec, which were taken from an interview Trudeau gave to CTV in 1999.

- "Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.

- The full CTV segment, a link to which quickly circulated online Monday, suggests Trudeau was actually talking about his father.

THE CANADIAN PRESS

while poking fun at Trudeau's past jobs as a camp counsellor, rafting instructor and drama teacher, adding, "and now he thinks he can run Canada's economy."

"What I've heard from Canadians across this country," Trudeau told reporters at a post-question-period scrum, "about people being tired of negativity, of bullying, of cynicism, means that the Conservatives are going to discover that the one thing they know how to do really well is no longer working for them."

TORSTAR NEWS SERVICE

UNICEF says 165M children are stunted

Report. 24 countries with the highest levels of malnourished kids are in sub-Saharan Africa and South Asia

The United Nations Children's Fund says more than a quarter of children under the age of five worldwide are

permanently "stunted" from malnutrition, leaving them physically and intellectually weak and representing a scandalous waste of human potential.

Anthony Lake, executive director of UNICEF, said organized provision of vitamins and clean water and a focus from birth on breastfeeding could have helped these 165 million children achieve nor-

mal brain and body development. But their lack of proper nutrition means they will suffer increased vulnerability to illness and early death.

"Stunted doesn't mean simply short," Lake said. "The child's brain never properly develops. Irrevocably. That's it. You can't fix it later."

The UN report found that 24 countries with the highest levels of stunted children

were concentrated in sub-Saharan Africa and South Asia. More than half of those under age five in Timor-Leste, Burundi, Niger and Madagascar suffered from stunting.

Lake said the problem of stunted child development was growing in Syria because of its civil war and widespread disruption to medical care, schools and family life.

THE ASSOCIATED PRESS



Indian children rest on Monday at a malnutrition rehabilitation centre run by a non-governmental organization in Mumbai. THE ASSOCIATED PRESS

UN. Rwanda keeps ICC out of African affairs

Rwanda won a behind-the-scenes battle Monday to keep the UN Security Council from recommending any role for the International Criminal Court in solving conflicts, violence and human rights abuse in Africa.

Council statements must be adopted unanimously, and Rwanda blocked consensus.

Rwanda is angry that the ICC has indicted Bosco Ntaganda and Laurent Nkunda, M23 rebels in eastern Congo, who are reported to be backed by Rwandan President Paul Kagame.

Analysts have speculated that Kagame may not want to see Ntaganda testify because of his knowledge of military deals and illicit mineral extractions between Congo and Rwanda.

Rwanda presides over the Security Council this month, and Rwandan Foreign Minister Louise Mushikiwabo came to New York to steer the debate. She told reporters after the debate that the ICC is "a court that is not practicing



Rwandan-born warlord Bosco Ntaganda. POOL/THE ASSOCIATED PRESS

justice, but more politics. We believe that the time for Africa to be subjected to a wagging finger, punishing finger from the West, is over."

A United Nations panel of experts last year said that both Rwanda and Uganda commanded and supported Congo's M23 rebels.

ICC investigation of the links could lead to charges against Kagame himself.

THE ASSOCIATED PRESS

Guantanamo Bay

Judge denies detainee's bid for relief

A U.S. judge Monday denied an emergency motion for relief filed by Yemeni prisoner Musaab al-Madhwani, a Guantanamo Bay prisoner on a hunger strike, despite pleas from the man's lawyer who says his client is dying.

The prisoner and others in the hunger strike originally claimed that they were being denied drinking water and that temperatures in the prison had been kept at "extremely frigid" levels — which the government denied. THE ASSOCIATED PRESS

Mexico

Language puts new spin on drug war

The Mexican government is trying to put a new linguistic spin on the country's drug war, in part by discouraging the use of terms such as "drug war."

Government spokespeople have been told they should now avoid using terms used by criminals to describe kidnappings and killings.

The administration of President Enrique Pena Nieto has pledged to reduce violence, but critics say so far that has implied simply talking about it less. THE ASSOCIATED PRESS

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U.S. justices wary of gene patenting

Medical research. Company argues DNA they isolated is 'markedly different' from that found in the body

The Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape U.S. medical research and the fight against diseases like breast and ovarian cancer.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not be given to something that can be found inside the human body.

"Finding a new use for a

product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold. If I find a new way of using lead, it doesn't entitle me to a patent on lead," lawyer Christopher Hansen said.

Allowing companies like Myriad to patent human genes will slow down or cripple medical research like in the battle against breast cancer, he said.

But companies have billions of dollars and years of research on the line, with Myriad arguing that without the ability to recoup their investment through profits from patents, breakthrough scientific discoveries needed to combat all kind of medical maladies wouldn't happen.

That concerned several justices. "Why shouldn't we worry that Myriad or companies like it will just say, 'Well, you know, we're not going to do this work anymore?'" Justice Elena Kagan said. **THE ASSOCIATED PRESS**

Recipe for a slippery slope?

"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."

Justice Sonia Sotomayor: There was an attempt in court to break the gene-patenting argument down to an everyday level by discussing chocolate-chip cookies, baseball bats and Amazonian jungle plants

Prized piece displayed for Titanic anniversary

Auctioneer Alan Aldridge holds the violin of Wallace Hartley, the instrument Hartley played as the band leader of the Titanic, on the 101st anniversary of the sinking of the ship on Monday in Devizes, England. The auction house, which specializes in Titanic memorabilia and is having an associated sale on Saturday, spent seven years proving the violin was genuine and belonged to Hartley, who with his orchestra, famously played on as the ship sank in 1912, and were among the 1,500 who died. Long thought to have been either lost at sea or stolen, it is being described, as far as Titanic memorabilia goes, as one the most important pieces that has ever come up for sale. It's thought to be worth a six-figure sum.

MATT CARDY/GETTY IMAGES



Samsung. Galaxy S4 could hit Canada by April's end

Samsung's next flagship get it by the end of the month. The phone is then expected to go on sale May 3.

Samsung is highlighting a slew of software features as the main differentiators for its latest Galaxy phone, including a bolstered photo app and gestures that allow the device to be controlled without touching the screen.

Those who pre-order a phone in advance, for about \$200 on a three-year contract or \$700 without a contract, should **THE CANADIAN PRESS**



Down from 2012 but ...

Home sales up from last month

Canada's housing market continues to show signs of slowing from the torrid pace set in recent years, but also defying the worst fears of an imminent collapse.

The Canadian Real Estate Association reported that home sales in the 26 municipal markets it tracks rose a seasonally adjusted 2.4 per cent in March over the previous month, but were down 15.3 per cent from last year. Average home prices rose to \$378,532. **THE CANADIAN PRESS**

Market Minute

DOLLAR
97.52¢ (-1.12¢)

TSX
12,004.88 (-332.71)

OIL
\$88.71 US (-\$2.58)

GOLD
\$1,361.10 US (-\$140.30)

Natural gas: \$4.14 US (-9¢)
Dow Jones: 14,599.20 (-265.86)

2012

Supreme Court Of Nova Scotia

Hfx No. 405721

Between:

MCAP Service Corporation, a body corporate
- and -

Plaintiff

Terrence Thompson and Heather Campbell

Defendants

Notice of Public Auction

To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

PROPERTY:

House, lands and premises known as 19 Lovell Lane, Halifax, Halifax County, Nova Scotia, identified by PID 41166992 and more fully described at Schedule "A" of the mortgage dated September 30, 2008 and recorded at the Halifax County Land Registration Office as Document No. 91818956. This property is registered pursuant to the Land Registration Act.

Subject to restrictive covenants (burden) more particularly described in a deed recorded on September 7, 2005 at the Halifax County Land Registration Office as Document No. 82936486.

Subject to an easement/right of way holder (burden) in favour of Nova Scotia Power Inc. more particularly described in an easement recorded on September 16, 2005 at the Halifax County Land Registration Office as Document No. 83024514.

Subject to an easement/right of way holder (burden) in favour of the Halifax Regional Water Commission more particularly described in an easement recorded on September 28, 2005 at the Halifax County Land Registration Office as Document No. 83121666.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.

Date of Sale: Thursday, May 16, 2013

Time of Sale: 12:30 p.m. local time

Place of Sale: Conference Room 3, 2nd Floor, The Law Courts,
1815 Upper Water Street, Halifax, NS

Terms: Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed April 5, 2013.

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3RD WHEEL'S UNEXPECTED CHARMS

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure. You'll want to let go of any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.



SHE SAYS
Jessica Napier
metronews.ca

You'll be the centre of attention

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof — and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

It's a cheap night out

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third-wheelers can enjoy complimentary

cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

You don't have to bother looking good

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

You might learn something

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friends bicker passive-aggressively over appetizers can give you a newfound appreciation for single life.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

In the ink of health



DAVE CHIDLEY/THE CANADIAN PRESS

Cancer tattoo strikes right note

Cassandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple recon-

structions, and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked."

"So I said, 'You know what? I'm just not going to do it at all.' And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a

design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket ... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up."

THE CANADIAN PRESS

'I am living'

"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write 'I am living' because I feel like I'm not just getting by, surviving one day to the next. I'm actually living my life now." Cassandra Graham

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain-food podcasts on iTunes.



GREG WESTFALL/Flickr

99% Invisible:

A recent lesson on the word jaywalking perfectly illustrates how well this show — which explores the quiet impact design has on daily life — tends to wrap things up in an easily repeated fun fact.

copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

A History of the World in 100 Objects:

A great idea worthy of its many

Quirks and Quarks:

It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour.

Twitter

The public reacts to the Boston Marathon explosions.

@corduroygal: My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #pray-forboston #bostonmarathon

@DJRedEyyez: Tragic day in Boston, senseless act #PrayForBoston

@rajbmanian: #BostonMarathon victims you are not alone. #Toronto is with you

@robyntrew: So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston. #prayforboston

@SomeGuyDylan: Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay safe #Boston

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WE WANT TO HEAR FROM YOU:
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DVD reviews

**Django Unchained****Director.** Quentin Tarantino**Stars.** Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand old time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

PETER HOWELL

A group of collar-popping frat boys don hipster disguises in an attempt to pick up girls in Williamsburg. YOUTUBE SCREENSHOT

Bros take on Brooklyn

A guy's answer to Girls. Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON

Metro World News in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show *Girls* and created by a Williams-

burg veteran.

Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when *Girls* premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw *Girls*, I thought, 'Holy crap — this is really close to what I was doing,'" DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by

his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soul-searching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

But it is the bro-turned-hipster who gets the last laugh when he returns to the apartment that night with a flannel-wearing hottie.

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure"

music.

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at *Girls*.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,'" he said.

"They think I am attacking the show, but I am not trying to do that."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.

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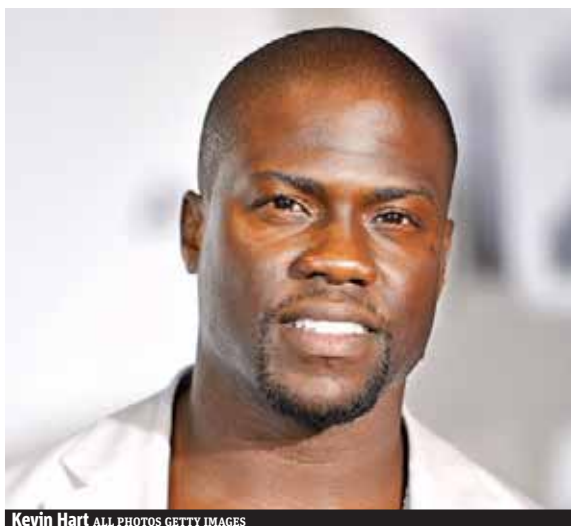
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Kevin Hart ALL PHOTOS GETTY IMAGES

Comedian calls arrest 'a wake-up call'

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn't shy about sharing the details after posting bail. "I'm officially a thug. I spent six hours in jail last night," Hart announced on Twitter. "This cop was the worst. He knew who I was and wanted

to make an example of me. ... When the cop asked me to take the sobriety test I said, 'Why waste our time? I'm drunk, man.'" Hart did also offer some more serious reflection on the night's events: "This is a wake-up call for me. I have to be smarter and last night I wasn't."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ozzy and Sharon's relationship gone off rails?



THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone's favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly, the long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly



Hills Hotel since at least the beginning of this month, sources say. "They are living at different addresses and not spending any time together," a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.

Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. "You have to really want to have kids, and neither of us did. So it's just going to be me and Ellen and no babies," de Rossi tells the magazine. "There comes some pressure in your mid-30s, and you think, 'Am I going to have kids so I don't miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with



Ellen DeGeneres and Portia de Rossi

my whole heart?" I didn't feel that my response was 'yes' to the latter."

Twitter



@ElizabethBanks

Huh, Brad Pitt would make an amazing radio man. Ah, but a waste of that face.



@AlbertBrooks

Justin Bieber said he hoped Anne Frank would have been a fan. I really want to kill myself.



@mindykaling

If Kobe retires he should make movies with cartoon characters like Rocky & Bullwinkle



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Tink Domestic Short Hair

Tink is approximately 5 years old and was found stray in Dartmouth. Although she takes her time getting used to new faces, she has a playful side and it is obvious she likes people; it's just that her preference is to warm up slowly. She's the kind of feline who likes making the first move. We believe Tink would thrive in a quieter home. She has a lot of love to give and we've observed how sweet and interactive she can be once she gets to know someone. Please drop by the shelter and ask to be introduced...



For more information on Tink and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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LIFE 3

The Iron Man 3 workout

Fitness. Robert Downey Jr.'s trainer, Brad Bose, tells us how to get superhero strong

ROMINA
MCGUINNESS
Metro World News

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."

FPT vs. Body Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve



His workout gloves are cooler than yours. MARVEL

when it comes to being a fit individual but this is a young man's training he's doing."

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthet-

ics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regiment.

The logic behind the moves is it offers a better approach.

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so on."

Superhero diet

How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy," explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables."



And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his client.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposite days that he's not working with me, he's sparring with his coach, Eric Orum."



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1. Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; respray.

2. Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.

3. Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold

in the sides of each tortilla and roll it up tightly.

4. Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 2 oz prosciutto
- 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado



This recipe serves eight and contains 143 calories and 6.1 g of fat per serving. **LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Dinner. Herb-Brined Walnut-Crusted Chicken



1. In saucepan over high heat, combine salt, pepper and water. Bring to boil, stirring to dissolve salt. Remove from heat and add the ice. Stir in apple juice.

2. Bruise thyme, rosemary and savory by placing on cutting board and hitting with back side of a meat mallet. In zip-close plastic bag, combine liquid mix with bruised herbs and garlic. Add chicken thighs to bag and squish around to cover in the brine. Refrigerate for 3 hours.

3. When ready to cook, heat oven to 450 F. Remove chicken from brine and discard brine. Use paper towels to pat chicken thighs dry, then arrange on rimmed baking sheet.

4. In bowl, combine walnuts and breadcrumbs. In another bowl, combine mayonnaise, coriander and orange zest.

Brush mayonnaise mix over surface of each chicken thigh. Pat some walnut mix evenly over the top of each thigh.

5. Bake 20 minutes, or until golden brown and 170 F at centre. **THE ASSOCIATED PRESS**

Ingredients

- 1/4 cup kosher salt
- 1 tsp cracked black pepper
- 1 cup water
- 1 cup ice
- 2 cups apple juice
- 4 sprigs each fresh thyme, rosemary, savory
- 3 cloves garlic, chopped
- 2 lbs bone-in chicken thighs, skin removed
- 1/2 cup each chopped walnuts, panko breadcrumbs
- 1/4 cup mayonnaise
- 1/2 tsp ground coriander
- Zest of half an orange

Health Solutions

Of underrated watercress



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting superfood as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow sprout protects DNA and cell damage. The study's participants ate one cup per day of both the stems and leaves. Watercress is in the category of cruciferous vege-

tables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties. Watercress can be added to just about anything:

- salads
- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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No purchase necessary. Contest open to residents of Canada, excluding the province of Quebec, who have reached the age of thirteen (13) years of age or older. Odds of winning depend on the calibre of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one \$2,500 cash prize to be used towards payment of post secondary schooling valued at \$2500(CDN). Contest closes May 17th 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

Stay-at-home mom finds her sanity in suburbia

A momoir. Columnist shares how she found her groove in new book, *Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs*

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk.

Lost in Suburbia: A Momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

How did you decide to swap your city life for a suburban one, and what was the transition like?

After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore. I felt like I was missing out



Tracy Beckerman moved from New York to suburbia. And it wasn't easy. HANDOUT

by not being with my son. So we made the decision that I was going to quit my job. Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in my new role. **How did things begin to change?**

My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me. One day my son came home from school and told me something funny that happened, and

I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

What should women in this situation keep in mind?

If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At-Home Mom. You need something for yourself that's not just about your kids — something just for you that you feel good about. I think you end up feeling happier, and it makes you a better parent.

METRO



The way we handle money also affects the people around us. ISTOCK IMAGES

Jump on the fin lit bandwagon



YOUR MONEY
Alison Griffiths
money@metronews.ca

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people

around us.

Financial literacy is particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moderator of a panel of journalists from around the world. You can register to view online at practicalmoneyskills.com/summit2013.

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pen-

sion and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or taxes.

The idea is to pick one thing and work on that until you have a comfort level with the topic. Don't try to become financially savvy in everything. It is simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than you think.

Boost your own money smarts by winning my latest book, *Count on Yourself*. Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books after the summit.



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Boston Marathon bombings

**Fan experience
sure to change
after explosions**



**CATHAL
KELLY**
Special to Metro

In one mad instant, someone has fundamentally changed the nature of sports fandom in North America.

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come, the focus will turn to security and our naked vulnerability when we go to a game.

It doesn't matter who did this, whether it was enemies foreign or domestic. From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receives worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the nation. The blasts happened about four hours after the start — which is traditionally when the most competitors are crossing the line.

This will be a different sort of tipping point than 9/11. That was a warning — "They're out to get us." This is a reminder — "They still can."

GO TO METRONEWS.CA/
VOICES FOR MORE FROM
CATHAL KELLY ON MON-
DAY'S ATTACKS IN BOSTON.



Crosby dips his feet back onto frozen water

Penguins Sidney Crosby, left, and James Neal take a break from a skate on Monday at Consol Energy Center in Pittsburgh. Coach Dan Bylsma said there is no timetable for Crosby's return, but called it a positive step for the NHL's leading scorer. "I would say a foot in the water," Bylsma said. "I didn't go out there and see how hard he did go, but I know he was just out for basically a skate. He got out there for a little bit of exercise and to get on the ice." CHAZ PALLA/THE ASSOCIATED PRESS

**Jakub Voracek a high
note for lowly Flyers**

NHL. Ex-Moosehead having a career season, leading Philadelphia in goal scoring

While the Philadelphia Flyers struggle through a season to forget, at least right-winger Jakub Voracek is doing something to remember.

The 23-year-old leads the Flyers in goals, with 18 after only 42 games, matching the career high he set in 78 games

last season.

"It would be much better if I had 10 less points and we were sitting in sixth or seventh place in the conference, but it is what it is this year," Voracek said Monday before the 12th-place Flyers' 7-3 romp over the Montreal Canadiens.

"Of course, I feel better every year. You're older and you feel stronger and more experienced. I think that was the case with me this year. I want to get better as a player and help the team win games."

It has helped that he is play-

ing on a line with star centre Claude Giroux, lately with veteran Simon Gagne on the left side. His production at least has helped the Flyers maintain optimism for the future.

The six-foot-two 215-pound Voracek was drafted seventh overall by Columbus from the Halifax Mooseheads in 2007 and had seasons of 38, 50 and 46 points with the Blue Jackets before he was dealt to Philadelphia in 2011.

"So many players get traded in hockey," he said. "It was quite a shock, but I was excited



Jakub Voracek GETTY IMAGES FILE

because the Flyers have one of the best organizations in the league. It's been a great fit for me." THE CANADIAN PRESS

4 SPORTS



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Roller-coaster season.

Host Blades will have 51-day break before tournament starts

EDWARD
FRASER

For Metro

The Western Hockey League's Saskatoon Blades, who will host the Memorial Cup May 17-26, entered this season believing they had a team that would fit nicely among the champions from each of the Canadian Hockey League's three circuits — the Western, Ontario and Quebec leagues — that make up junior hockey's showcase event.

But a roller-coaster season, one that featured an 18-game winning streak from late January to early March, finished with the Blades upset in Round 1 of the WHL playoffs, swept by the Medicine Hat Tigers, a team that finished 19 points behind them in the regular season.

"I've been coaching for more than 20 years now and I've never been through a season like this," said coach/GM Lorne Molleken, who became the second coach to win 600 career WHL games this season.

As a result of the early exit, Saskatoon was saddled with a 51-day break before the start of the Memorial Cup, where it will attempt to become the ninth team to win the tournament as host since the format changed to include a fourth team in 1983.

The Blades don't have to look far for a blueprint. In last season's tournament, the Shawinigan Cataractes took home the title on home ice after losing in the second round of the Quebec Major Junior Hockey League playoffs, topping the heavily favoured Ontario Hockey League champion London Knights.

A "training camp atmosphere" will welcome the Blades back in mid-April fol-

lowing a break. Molleken's plan to prepare his troops includes bringing in pro players to practise to increase the level of competition, specifically on special teams.

"What's happened in the past is over, it's done with," Molleken said. "Our focus now shifts to the Memorial Cup."

This will be the second time Saskatoon has hosted the event, which began in 1919. In 1989, the Blades lost in the final to Swift Current. Another Saskatoon team battled for the cup in 1936, when the Wesleys of the North Saskatchewan Junior League were beaten by the West Toronto Nationals in a best-of-three series.

Will the third time be a charm?

"When we're playing our best hockey I believe we can compete with anyone and have success," Molleken said.

"To win a championship would be unbelievable for our fans and for the city."



Veteran bench boss Lorne Molleken is tasked with getting the host Saskatoon Blades prepared for the Memorial Cup after a long break. STEVE HISCOCK/THE SASKATOON BLADES HOCKEY CLUB

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Horoscopes

Aries

March 21 - April 20

What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

Taurus

April 21 - May 21

It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

Gemini

May 22 - June 21

There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

Cancer

June 22 - July 23

You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

Leo

July 24 - Aug. 23

You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

Virgo

Aug. 24 - Sept. 23

Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

Libra

Sept. 24 - Oct. 23

You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

Scorpio

Oct. 24 - Nov. 22

Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

Sagittarius

Nov. 23 - Dec. 21

You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

Capricorn

Dec. 22 - Jan. 20

It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

Aquarius

Jan. 21 - Feb. 19

This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

Pisces

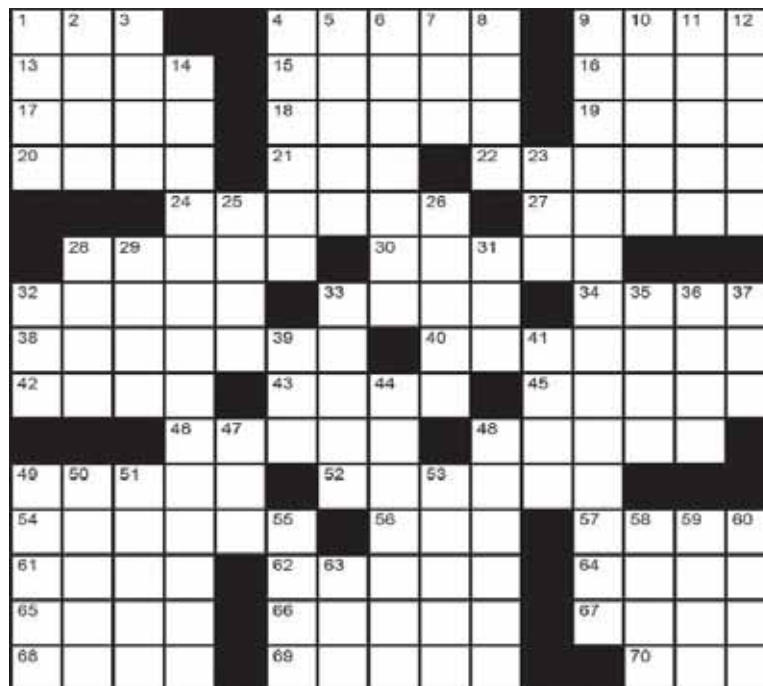
Feb. 20 - March 20

Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Mil. installation, as Petawawa or Trenton
4. TV classic, "Green _"
9. Grand event
13. 'Fed' finishers (Stylish hats)
15. Norse goddess of love
16. "___ can you..." (American anthem opener)
17. Advanced math course, for short
18. Acting jobs
19. Puerto ___
20. ___ and terminator
21. ___-inspiring
22. Like many treasures
24. Sportswear company
27. Gives food to
28. X-___
30. Use profanities
32. Around, in dates
33. British funny character, Mr. ___
34. Canadian country singer Mr. Brownlee
38. Married-to-each-other Canadian actor/comedians, Colin ___ and...
40. ...Cont. from #38-Across, Debra ___
42. "Let's leave ___ that."
43. Movie snippet
45. Moves, molasses-style



46. Polls/surveys conductor, ___ Reid
48. Models
49. "Melrose ___"
52. Harbour structures
54. Give heed
56. River: Spanish
57. Auto race, ___ 500
61. Singer/songwriter, India. ___
62. Borders on

64. Filmmaker Ms. Ephron
65. ___-covered, as unprotected iron
66. 'D' in SYTYCD
67. Chew
68. Use a ruler, for short
69. Ancient looped-crosses of Egypt
70. Carpentry tool

Down

1. Fashion icon Ms. Chanel
2. Skirmish
3. Hay bundle
4. Scared
5. Bunch of people
6. Let go
7. Third ___ Blind (Rock band)
8. Belt alternative

9. Spanning the Detroit River, the Ambassador in Windsor is not just a bridge, it's also a what?: 2 wds.
10. Actor's line spoken to the audience
11. Like many running shoes
12. City in France [var.

- sp.]
14. Some lottery purchases: 2 wds.
23. "___ Tree Falls" by Bruce Cockburn
25. Letter's beginning word...
26. Wetland
28. Unruly disturbance
29. Medieval chest
31. Britannica, e.g.
32. Gladiator's 901
33. Under
35. Smog
36. 'Deterior' suffix (Becomes worse)
37. English novelist Mr. Lawrence, et al.
39. 'Electron' suffix
41. Blunder
44. "Honey, ___ the Kids" (1989)
47. Baseball great, "___ Wee" Reese
48. Non-poetic writings
49. Shoppers Drug Mart, e.g.
50. John Candy "SCTV" character, Johnny ___
51. "Big Brother Canada" host Ms. Cox
53. G's spelled-out follower
55. Zippo
58. Songstress Ms. Hendryx
59. Pencil a scene
60. Two-masted boat
63. Prohibit

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

9°/3°
Partly cloudy

Wednesday

12°/-1°
Partly cloudy

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Rio4 SX with Navigation shown[△]

2013
RIO 4-DOOR

HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

WAS ~~**\$84**~~ **OWN IT FROM**
BI-WEEKLY **1.49% APR**
WITH \$0 DOWN

EXISTING DISCOUNT
\$900 IN LOAN SAVINGS[§]

UPGRADE BONUS
\$750[¥]

NOW ONLY **\$80^{*}**
BI-WEEKLY

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees, **\$900 LOAN SAVINGS[§]** and **\$750 UPGRADE BONUS^{*}**. Offer based on 2013 Rio 4-door LX MT with a PURCHASE PRICE OF \$15,429.



Forte SX shown[△]

2013
FORTE SEDAN

HWY (A/T): 5.5L/100KM
CITY (A/T): 8.0L/100KM

WAS ~~**\$91**~~ **OWN IT FROM**
BI-WEEKLY **0.9% APR**
WITH \$0 DOWN

EXISTING DISCOUNT
\$1,500 IN LOAN SAVINGS[§]

UPGRADE BONUS
\$750[¥]

NOW ONLY **\$87^{*}**
BI-WEEKLY

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees, **\$1,500 LOAN SAVINGS[§]** and **\$750 UPGRADE BONUS^{*}**. Offer based on 2013 Forte Sedan LX MT with a PURCHASE PRICE OF \$17,529.



Optima SX Turbo shown[△]

2013
OPTIMA

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

WAS ~~**\$134**~~ **OWN IT FROM**
BI-WEEKLY **1.49% APR**
WITH \$0 DOWN

EXISTING DISCOUNT
\$500 IN LOAN SAVINGS[§]

UPGRADE BONUS
\$750[¥]

NOW ONLY **\$130^{*}**
BI-WEEKLY

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees, **\$500 LOAN SAVINGS[§]** and **\$750 UPGRADE BONUS^{*}**. Offer based on 2013 Optima LX MT with a PURCHASE PRICE OF \$23,629.



Sorento SX shown[△]

2013
SORENTO

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.8L/100KM



WAS ~~**\$158**~~ **OWN IT FROM**
BI-WEEKLY **1.49% APR**
WITH \$0 DOWN

EXISTING DISCOUNT
\$1,500 IN LOAN SAVINGS[§]

UPGRADE BONUS
\$1,250[¥]

NOW ONLY **\$150^{*}**
BI-WEEKLY

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees, **\$1,500 LOAN SAVINGS[§]** and **\$1,250 UPGRADE BONUS^{*}**. Offer based on 2013 Sorento 2.4L LX AT FWD with a PURCHASE PRICE OF \$28,724.



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Atlantic Kia dealers for Atlantic drivers.



The Power to Surprise

Offer available on select new 2013 models through participating dealers to qualified retail customers who take delivery by April 22, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,650, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *Bi-weekly finance payment O.A.C. for new 2013 Forte LX MT (F05400)/2013 Optima LX MT (0P740D)/2013 Sorento 2.4L LX FWD (SR758D)/2013 Rio LX MT (R0542D) based on a selling price of \$17,529/\$23,629/\$28,724/\$15,429 is \$87/\$130/\$150/\$80 with an APR of 0.9%/1.49%/1.49%/1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$4,464/\$6,634/\$7,700/\$4,114 plus applicable taxes due at end of the 60-month period. Retailer may sell for less. See dealer for full details. †Loan savings for 2013 Forte LX MT (F05400)/2013 Optima LX MT (0P740D)/2013 Sorento 2.4L LX FWD (SR758D)/2013 Rio LX MT (R0542D) is \$1,500/\$500/\$1,500/\$900 and is available on purchase financing only on approved credit. Loan savings vary by model and are deducted from the selling price before taxes. Some conditions apply. *Upgrade Bonus of \$150/\$750/\$1,250/\$750 is available on all cash, finance and lease offers of new 2013 Forte LX MT (F05400)/2013 Optima LX MT (0P740D)/2013 Sorento 2.4L LX FWD (SR758D)/2013 Rio LX MT (R0542D) from a participating dealer between April 15-22, 2013, and is deducted from the selling price before taxes. Some conditions apply. †Model shown Manufacturer Suggested Retail Price for 2013 Forte SX Luxury AT (F0740D)/2013 Optima SX Turbo AT (0P480D)/2013 Sorento 3.5L SX AWD I-Scater (SR75X0)/2013 Rio4 SX with Navigation AT (R0749D) is \$27,750/\$35,550/\$45,045/\$25,450 and includes delivery and destination fees of \$1,455/\$1,455/\$1,650/\$1,455, environmental fee and A/C charge (\$100, where applicable). Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. †Highway/City fuel consumption is based on the 2013 Forte 2.0L MPI 4-cyl (A/T)/2013 Optima 2.4L GDI 4-cyl (A/T)/2013 Sorento LX 2.4L GDI 4-cyl (A/T)/2013 Rio4 1.6L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.